



WALKING MAP

In partnership with



This map has been produced in partnership with Living Streets, the UK charity for everyday walking. Living Streets wants a nation where walking is the natural choice for local, everyday journeys on streets fit for walking.

Make a pledge to get walking more and start enjoying the benefits this simple act brings.

www.livingstreets.org.uk

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WALKING ROUTE 1

Woodhouse Square Walk will take approximately 15 minutes.

Head north on Hanover Way, walking on the right. Keep walking until you reach a Zebra crossing.



After crossing the Zebra crossing you will find Woodhouse Square. You can spend as much time as you like here and then return via the same route.

Point of Interest: Sir Peter Fairburn Monument is located just outside Woodhouse Square.



HEALTHIER

CHOOSE TO WALK

Walking doesn't just make people feel healthier, it has also been proven to reduce stress levels and make us feel happier. All of us should aim to do some kind of physical activity on a daily basis; ideally at least 150 minutes of moderate exercise each week, in sessions of at least 10 minutes.

A fantastic way to achieve this is by fitting more walking into and around your working day. Physical benefits of walking include:

- controlling blood sugar
- increased metabolism through burning calories
- increased cardiovascular conditioning
- muscle toning
- alleviating lower back pain

Walk your way to feeling happier, healthier and more productive at work.

HOLD A WALKING MEETING

Who said you had to sit around a table for a meeting?

In reality, the most creative moments take place outside the usual four walls. You'll get a change of scenery, boost your energy, get some fresh air and burn a few calories too.

Change up the usual format. Try getting out for a walking meeting and feel energised and inspired.

- Keep it to no more than four people
- Particularly useful for more creative tasks and forward planning
- Avoid busy roads that might make it difficult to hear
- Assign someone to take notes and circulate them after the meeting

Establish a 'walking meeting' culture

WALKING ROUTE 2

Park Square Walk will take between 30 and 45 minutes in total.



Start by heading south on Hanover Way, walking on the left side of the road. Turn left on to Park Lane and continue straight. Cross when it is safe to do so to continue straight from Park Lane onto the pavement running alongside the A58.

HAPPIER



At the end of this pavement cross to the right at the traffic lights.

Continue straight and cross two further sets of lights to make your way onto Westgate, heading towards Park Square West.

You will need to cross to the left and then immediately to the right to do so. This is what the crossing looks like:



From Park Square West you will find an entry point to Park Square. Spend as much time as you like here and then return to Park Lane Campus following the same route as you came.

GREEN & TRANQUIL SPACE

Walking outdoors has a positive effect on the brain and helps reduce stress, particularly when walking past trees and plants. Brisk walking is great for maintaining your mental health as it boosts the production of endorphins, which can reduce stress hormones and alleviate mild depression.

Our towns and cities are full of green and tranquil spaces, ranging from pocket parks or church gardens to large parks – and often you might not realise they are on your doorstep. This map includes some suggestions of green spaces near to your workplace.

Improve your mood and tackle stress by walking to tranquil spaces.

LUNCHTIME WALKS

You might not be able to regularly adapt your commute to fit in more exercise, but everyone needs to eat lunch, right? Rather than defaulting to the Purple Café or that sandwich shop 100m away, why not use your lunch break as a chance to go for a walk. You could make it more sociable by taking a colleague or meeting a friend. This map includes some areas with lunch options in a range of directions and distances.

You could even get adventurous on your lunch break and set up a Food Exclusion Zone, setting a minimum distance required to travel before you can buy your lunch.

Eat well, live well – walk more at lunchtime



YOUR LOCAL AREA

This area of Leeds is bustling with businesses and roads and is also well equipped with local parks to explore.

These routes were chosen as they are accessible. Individuals requiring wheelchairs and mobility aids should be able to make use of dropped curbed pavements throughout in order to access local nearby park spaces.

You will also notice Hanover Square on the map. You may wish to develop your own route to this spot in order to explore the area further.

SHORT WALKS EVERY DAY HAVE THE POTENTIAL TO INCREASE PRODUCTIVITY BY UP TO 30%



